**Respect Judo Club Terms and Conditions**

**General**

Members of the club agree that they will:

1. Allow their personal data (that is held by the club in accordance with the GDPR and Club Privacy Statement) to be used:
2. to facilitate the management of the club
3. to facilitate the protection of members and young persons
4. to maintain a contact list to inform members about the club, the sport of Judo and Judo events
5. Pay the required session fee to the Club at the start of each session. Obtain and maintain the appropriate British Judo Association membership licence and provide details of this to the Club. Failure to do so will cause the player’s membership to lapse.
6. Have a current BJA licence. Without a licence you can’t train.
7. Abide by the Club rules and the Judo moral code.
8. Seek to uphold the spirit of Judo and where able help advance the aims of the club.
9. Provide an emergency contact and medical information, which they will update it if at any time this information changes.
10. Consider the health and safety of others at all times, reporting any risks, concerns or issues to the coaching staff or club officers at the earliest opportunity.

**Training**

Members of the club agree that they will:

1. Only train when physically fit enough to do so.
2. Be clean and have trim fingernails and toenails
3. Bow upon entering and leaving both the dojo and the mat.
4. Respect other players and officials of the club.
5. Abide by the rules of the club, listen to and follow the instruction from coaches, and be ready to learn.
6. Arrive on time for training.
7. Dress appropriately (the traditional Judogi is preferred at all times whilst training), with all jewellery removed.
8. A plain white T-shirt maybe worn under the Judogi top (compulsory for females);
9. Long hair must be tied up and away from the shoulders.
10. Wear appropriate footwear (Zoris) to and from the mat such as flip flops, crocs or sliders
11. Ask the coach leading the training session before leaving the mat during training sessions - including a visit to the toilets.
12. Obtain permission from the session coach before leaving the dojo for any reason
13. Not be under the influence of alcohol, drugs or other performance enhancing substances whilst in the dojo.

**Safety on the Mat**

1. Never wear shoes on the mat. Use zoris (flip flops) around the edge of the mat after you are changed.
2. Come to the training session with a clean Judogi.
3. Watch your space on the mat and if thrown get up quickly to avoid someone falling on you.
4. When seated, kneel or sit cross legged. Do not lean on the wall – you may not be able to get out of the way quickly enough.

**Safety off the Mat**

1. Wear shoes/zoris at all times when off the mat. Do not run.
2. After using the toilet, wash and dry your hands.

**Accidents/Incidents**

1. Do not come to play Judo if you are not fit enough to train.
2. If you come to a training session with an injury, inform the coach at the start of the session.
3. Do the exercises as shown; do what you can and do it well but not to the point of straining.
4. If you are hurt, inform the Coach immediately. Check a record of the incident is made.
5. Keep the Club updated of any changes in your medical records / fitness to train.